



## Physical Health, Well-Being, and Movement Skills Activity for 54 to 60 Months

### Think Fast!

*This fun activity challenges children to think fast by answering questions while developing hand-eye coordination and gross-motor skills at the same time.*

#### Materials:

- Rubber playground ball

#### What to do:

1. Gather the child and her playmates in a circle in a large, open space indoors or outdoors.
2. Practice bouncing or rolling the ball from one to the next.
3. Begin the game by asking a question: "What's your name?" "What's your favorite color?" "How old are you?" "What color is your hair?"
4. Have the children bounce the ball from one to the other. The child with the ball answers the question before passing the ball.
5. Ask a new question and begin again after every child has had the chance to answer.

#### Variation:

- Repeat the activity and have the children do movements — jump, skip, turn around — as they answer the questions.

